PARANORMAL UNDERGROUND®

Volume 14, Issue 11

November 2021

Pasadena Paranormal
Maryland Investigators

Haunted Donnington Castle

Buff Ledge Camp ABDUCTION

What Are Shadow People?

Case Files: The Ailment Demon

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Cheryl is a freelance journalist and international author of *Dimensions: Mysterious Triangles of the US* and coauthor of *Digging Into Skinwalker Ranch*.

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Karen is a psychic medium and author and cohost of the podcasts *Intention Is Everything* and *Paranormal Underground Radio*. Her published paranormal books include *Higher Vibes Toolbox: Vibrational Healing for an Empowered Life*; *Dark of Night in the Light of Day: The Art of Interpreting Your Dreams*; and *Avalanche of Spirits: The Ghosts of Wellington*.

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics and a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

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Willie has appeared on A&E's *Cursed: The Bell Witch* and CMTs *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

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Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Intention Is Everything* podcast, and producer of *Paranormal Underground Radio*. She has more than 30 years of experience as a professional writer and editor and has written thousands of articles on topics ranging from advanced technology to paranormal phenomena.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

paranormalunderground.net

MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination

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Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

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Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance.

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Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

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If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, and any strange and unusual encounters that defy explanation.

Your submission can be anonymous!

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Aliens and Fairies: Are They One and the Same?

Abductions, lights in the sky, and strange ethereal creatures from another world. Is it aliens I'm talking about? No, it's fairies. Which makes you wonder, could aliens and fairies be one and the same?

Fairies are known to be tricksters, beguiling the people they interact with using illusion. In some cases, someone might not even know they are dealing with the fay, at least until the encounter is over, and hopefully not before it's too late.

Chad Wilson, Publisher

In the same sense, aliens are known to camouflage their presence from humans — whether in the form of changing or erasing recollections of the encounters from the consciousness of any who encounter them, or turning their crafts invisible so they aren't seen by humans.

Another similarity between the two phenomenon is the matter of abduction. Most times taken in the middle of the night, alien abduction experiencers report seeing lights in the sky, or in some cases actual craft. What follows is often a nightmare scenario where they are taken and experimented upon inside an extraterrestrial flying craft.

In the same way, fairy folk are said to take strangers to their realms, in some cases never to be seen again. Those who do return are often changed, and not always for the better. Not all fairies are said to be bad, though, and there are stories of the fay helping humans.

Another interesting phenomenon about UFOs is how they sometimes seem to mirror the technology of the era they appear in. For instance, in the late 1800s there were reports of mysterious airships and dirigibles in the sky. The pilots of these craft were unknown. And, as flight technology evolved, so did the technology level of the mystery crafts as well.

It makes me wonder about the latest batch of UFOs. They seem to be way beyond our current technology level, but are they really? Maybe the governments of the world have access to such technology, and whoever is piloting these mystery craft have picked up on that fact and are mirroring actual technology that the U.S. government possesses but has yet to inform the rest of us about. Why would aliens do that? To blend in, of course.

I've also wondered for quite some time if it's possible that UFOs and aliens either originate from another dimension or from beneath the Earth, which is exactly where fairies are said to come from. And while aliens being a thing would be amazing in my book, the idea of fairies actually being real is even more amazing.

So, are aliens really just inquisitive fairies who disguise themselves as beings from other worlds in order to disguise who they truly are? I guess you would never know, unless of course you talked to a fairy or alien in person. At that point it might be too late, because there would be a chance you would never be heard from again. ◆

December 9–11
Las Vegas Paraunity Convention
MGM Grand
Las Vegas, NV

January 8–9, 2022
Stranger Con
Los Angeles Convention Center
Los Angeles, CA

March 5, 2022
Austin Witchfest
Jourdan-Bachman Pioneer Farms
Austin, TX

March 11–12, 2022
OZ Paracon Paranormal Conference
Virtual conference on Zoom

March 17–20, 2022
TransWorld's Halloween & Attractions Show
America's Center
St. Louis, MO

March 25–27, 2022
Rochester Winter Parafest
Valley Oak Event Center
Geneseo, NY

April 8–10, 2022
Ozark Mountain UFO Conference
Best Western Inn of the Ozarks
Eureka Springs, Arkansas

April 9, 2022
MUFON Pittsburgh Area UFO Conference
Westmoreland Community College
Youngwood, PA

April 22–23, 2022
Nebraska Bigfoot Conference
Hastings, NE

April 29–May 1, 2022
CrimeCon: Las Vegas
Paris and Bally's
Las Vegas, NV

May 13–15, 2022
Revenant Con at Ashmore Estates
Ashmore Estates
Ashmore, IL

May 13–14, 2022
WNC Bigfoot Festival
Downtown Marion, NC
Marion, NC

May 13–15, 2022
West Coast Haunters Convention
DoubleTree by Hilton Hotel Portland
Portland, OR

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My name is Ann, & studying, researching, & investigating EVP is a passion of mine. What began as a hobby has become something so much more important!

LOST VOICES EVP RESEARCH is a site dedicated to the sharing of my findings, thoughts and theories.

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Feel free to contact me on annomalie@yahoo.com or via www.lostvoicesevpresearch.com.

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ON THE COVER
Pasadena Paranormal:
front row (left to right) are Jackie Buchanan and Jared Tracey, and back row (left to right) are Brent Smith and Ed Harden

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Haunted House, Spunky Spirits, Alien Interference, and Cryptid Encounters

By Morgan Lineberry

Best Bigfoot Footage Ever?

Photo: Independent UK

According to Oliver Browning of *Independent UK*, a new video has emerged of a Sasquatch taking a stroll through the woods. The video was "filmed in Idaho and uploaded to the Nv Tv YouTube channel," and many believe it to be real.

Its clarity is undeniable. The creature appears "massive in size," making it difficult to believe it is a man in a suit. Of course, there will still be plenty of skeptics!

Could this be the clearest and most plausible Bigfoot footage ever? Or is it an elaborate hoax? I guess it will remain a mystery.

UFO Leaves Fiery Trail Over UK Skies

Photo: Mirror

Goodness gracious, great trails of fire ... left by a UFO! Adam McGroarty and Graeme Murray of the *Mirror* state that a video from Kent in Southeast England taken by Stephen Sangster seems to show just that.

"The footage shows a glow which appears to be traveling to the right before turning and flying toward the left."

Behind the light is a strange red glow, leading to speculation that it could be "anything from 'aliens to [a] sophisticated firework.'" What makes it even stranger is the fluctuation in brightness that generally does not accompany fireworks. Sangster looked for events in the area that could have explained the object but found nothing.

Many people are saying it's an alien spacecraft, and I agree.

House for Sale ... Ghosts Included!

If you have an extra $1.2 million, then you are in luck, according to Rebecca Flood of *Newsweek*. The "house which inspired *The Conjuring* is up for sale, if you're brave enough to move into the 'haunted' house."

Photo: mottandchace.com

This lovely Rhode Island home "sits on eight acres and boasts 3,000 square feet of space, and comes with a brick fireplace and an outhouse." It would be perfectly lovely if it wasn't "one of the most well-known haunted houses in the United States." Granted, that fact has only increased the value.

I vote someone buy it and convert it into a bed and breakfast so I know where to plan my next vacation!

Pinching Poltergeist

Daily Record's Toni Lennox explains that Ayrshire County is "one of the most haunted places in Scotland." It seems to be a hotspot for all sorts

→

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CREEPY CRATE
BY THE LINEUP

of activity. People in the area have spotted and heard everything from a spectral black dog to sea monsters and UFOs. However, one unusual specter is making itself known.

The owners of the Castle View, a pub in Dundonald, "called in paranormal investigators after staff reported having their bottoms pinched by an invisible assailant." That's right, a "cheeky chap" is running around pinching people.

Sounds like some ghouls just want to have fun!

Dogs Sense Evil Shadow

As an animal lover (with dogs high on my favorites list), I must say that when a dog growls, the owner should listen. The *Mirror's* Courtney Pochin and Ben Thompson explain the horrors Marc Wahlberg and his son are facing in their home in Oldham, Greater Manchester in England.

Marc's dogs "avoid the [spare room] and growl at unseen things in there." Objects have been moved around the house by unseen hands. So, Marc and his son set up a camera, which captured "a mysterious black shadow crossing the room." To add even more horror, when Marc's son came to stay with him, a looming black shadow was captured above the bed that he was using.

Even though his son and friends have urged Marc to contact a medium, he "fears annoying the spirit so has resolved to put up with it until they move out."

Mothman on a Walking Trail

Mothman is one of my favorite cryptids, but it's very elusive. The sightings of Mothman date back a hundred-plus years, but the sightings are usually spread far apart. After a little digging, I discovered one recent sighting explained by Sally Painter of *Love to Know*.

It begins with three Chicago friends walking around at 10 p.m. on June 3, 2021. While "walking along the path behind Shedd Aquarium," they noticed a dark figure. They assumed it was another person walking, but "when they got closer, they realized the large black figure was actually perched on the railing."

At this point they were close enough for the creature to turn and look at them with its glowing red eyes.

"The creature spread its large wings, released an ear-piercing screech, and flew into the night."

The three women who were walking were terrified, as were three other walkers who had seen the creature from the opposite direction on the path. That makes six witnesses at once! ◆

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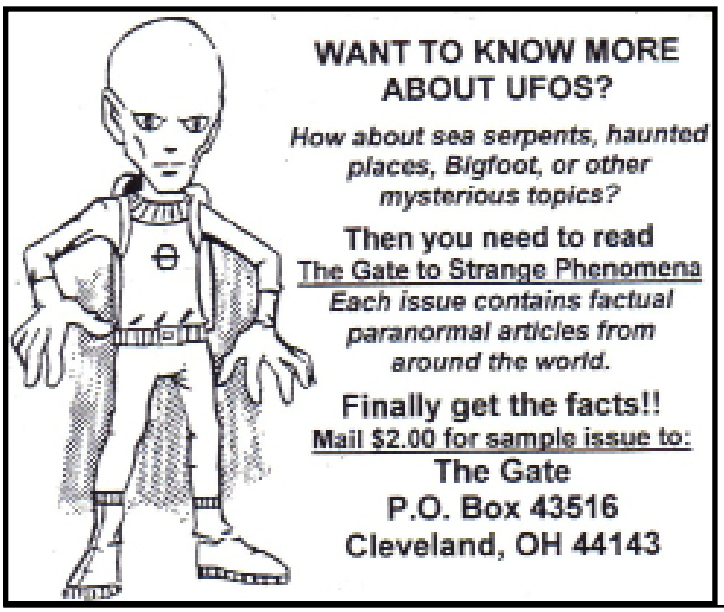

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'WHAT HAPPENED AT BRALEY POND?'

PODCAST INVESTIGATES MYSTERIOUS PARANORMAL OCCURRENCES

By Cheryl Knight

If you're looking for an engaging and intriguing new podcast to listen to, you'll want to check out "What Happened at Braley Pond?" This nine-part podcast focuses on one of the most haunted campsites in the Unites States — located 30 minutes outside of Staunton, Virginia.

Paranormal activity at Braley Pond include spirit apparitions, disembodied voices, and event cryptid sightings. Journalist and podcast producer Charlie Moss recently talked with *Paranormal Underground* magazine about the podcast, which debuted in October.

* * * * *

Q: Tell us about yourself.

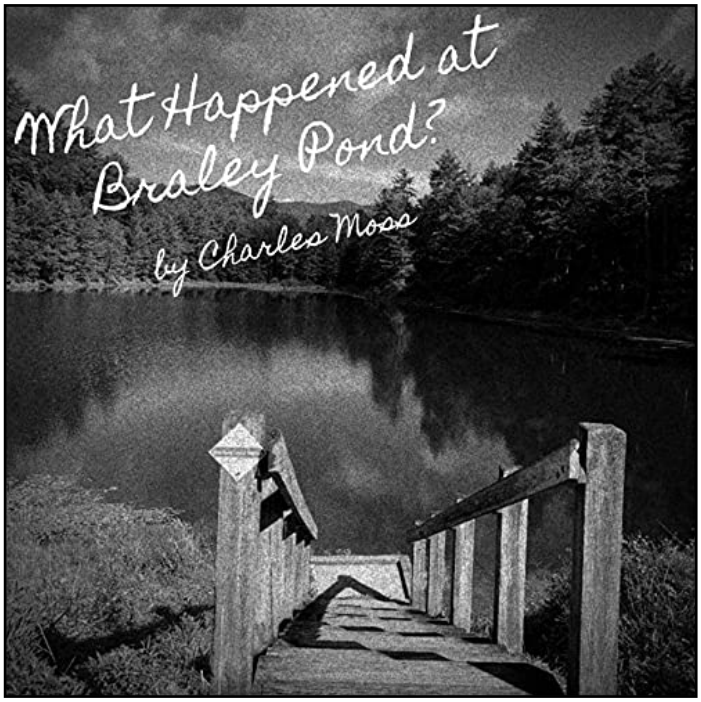
Charlie: I am a Chattanooga, Tennessee-based journalist and producer. I've written for multiple publications, including *The New York Times*, *The Atlantic*, *The Washington Post*, *Slate*, *Mojo*, and *InPut Magazine*. I'm married with two boys, two dogs, and three cats.

I am currently co-producing a documentary about the history of Chattanooga's legendary music mecca, Ninth Street, as well as a podcast about the Twelve Tribes. You can read some of my work on my Website.

Q: Have you ever had any personal paranormal experiences?

Charlie: I don't know if this counts, but when I was 22 I had a very vivid dream a couple of days after my father's funeral where he appeared to me, wearing the same suit in which he was buried and obviously very dead. He tapped me on the shoulder from behind, and when I turned around and saw him, he disappeared.

I woke up, screaming in my bed, sweat pouring down my face. I talk about it in my podcast. But for years, I've been trying to figure out if it was a dream or something more.



"What Happened at Braley Pond?" is a nine-part podcast that delves into the mysterious occurrences at one of the most haunted campsites in America.

Q: Tell us about your podcast series that features Braley Pond?

Charlie: *What Happened at Braley Pond?* is a nine-part exploratory podcast about our need to understand the unknown. It's about our search for bigger truths, about life and death and the hereafter, about our need for connection, not just with each other, but with the loved ones we've lost in our lives.

Located in the George Washington and Jefferson National Forest, Braley Pond is a popular recreational area located 30 minutes outside of Staunton, Virginia.

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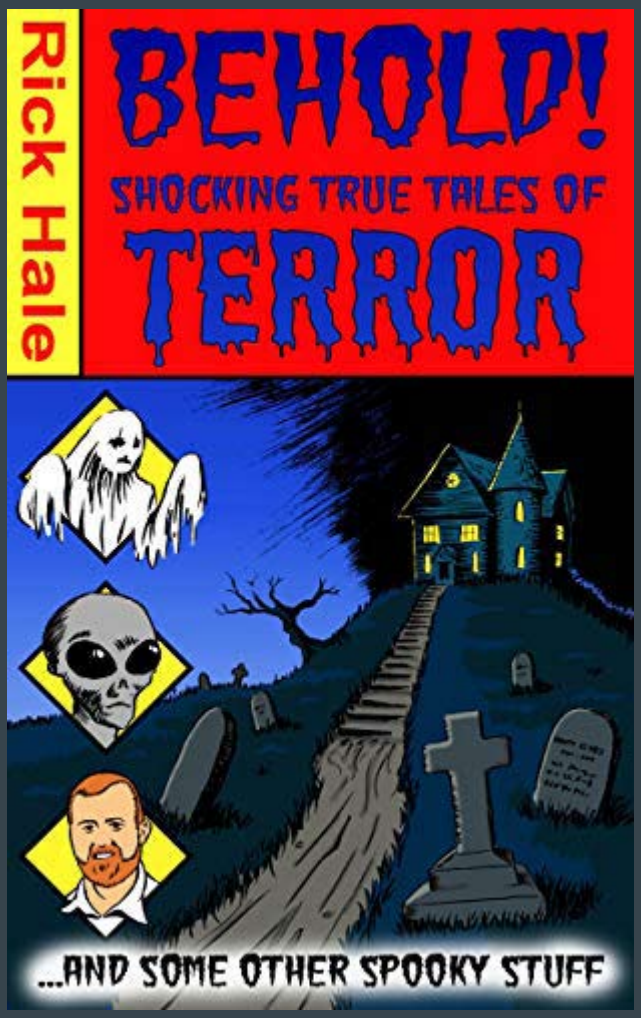

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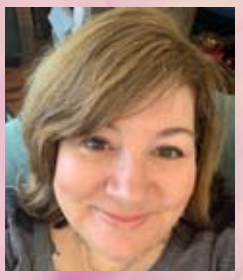

With Co-Hosts
Karen Frazier &
Cheryl Knight-Wilson

Braley Pond was the site of a brutal murder, which some say is the source of the haunted phenomena. (Photo: visitstaunton.com)

It's also one of the most haunted campsites in the United States. There are reports of spirits hovering above the water there, and the sounds of laughing children have been heard at night.

Though rumors of at least one suicide have been reported there, the 2003 gang murder of Christopher S. Kennedy is what most locals believe is the cause of Braley Pond's mysterious paranormal occurrences.

Six months after Kennedy's murder, Shea Willis and her friend Chris Pugh, two well-known local paranormal investigators, took a trip to Braley Pond to investigate the hauntings themselves. What they found was unlike anything they'd ever experienced before.

My podcast isn't a true-crime investigation, nor can it be defined as paranormal; though, the supernatural factors in heavily, as well as spirituality and science. Not only do I interview Shea prominently in it, but I also talk to one of Kennedy's accused murderers from jail, as well as those who were close to Chris, along with a few paranormal investigators, parapsychologists, spiritual leaders, and scientists.

Q: What led you to create the series?

Charlie: I wrote this article for *The Dyrt*, a camping magazine and mobile app, in 2018. It was timed to be published around Halloween. I wanted to write about something creepy for Halloween because it's one of my favorite holidays.

It turns out, once I started researching and interviewing folks, there was a lot more to the story than what I featured in the article. I felt like a podcast was the perfect format to tell the whole story.

Q: Out of all the haunted sites out there, why did you choose to feature Braley Pond?

Charlie: I had never heard of Braley Pond, and when I was doing research for *The Dyrt* article, I wanted to write about something that related to being outdoors and Halloween. I reached out to a friend who is a paranormal investigator and asked him if he had any ideas about any haunted campsites. Braley Pond was the first place he mentioned.

Q; What do you think is really happening at Braley Pond?

Charlie: Actually, I have theories, and so do other folks who know much more than me, and I delve into all of that in my podcast.

Q: Have you visited Braley Pond? If not, do you plan to?

Charlie: I have visited Braley Pond, but you'll have to listen to my podcast to get the story on that!

Q: Where can readers listen to the Braley Pond podcast series?

Charlie: You can find "What Happened at Braley Pond?" on my Website, on Facebook, YouTube, or anywhere you get your podcasts.

Q: What else should our readers know about the podcast?

Charlie: I have a great team that helped me produce this tiny, independent project. Film composer, songwriter, producer, and multi-instrumentalist Mike Trebilcock did the sound design and audio editing; Bill Colrus is the story editor; Ashton Lance designed the website; and Keith Finch and Shelton Brown did the artwork.◆

Chuck Gotski
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I can't wait to connect!

PASADENA PARANORMAL:

Maryland Investigators Focus on Understanding the Paranormal

By Cheryl Knight

After seeing the apparition of his deceased father, Jared Tracey went looking for answers. He eventually founded Pasadena Paranormal in 1996 and currently investigates with fellow team members Brent Smith, Ed Harden, and Jackie Buchanan.

Based in Pasadena, Maryland, the team investigates historical homes, museums, churches, battlefields, almshouses, field hospitals, orphanages, and private residences. The group's ultimate goal includes helping people understand haunted activity, as well as tying history to the paranormal when investigating historical sites.

Jared recently spoke with *Paranormal Underground* about his team's investigations, evidence, methodologies, and more.

* * * * *

Q: Please tell us a little about yourself.

Jared: I have been a federal security contractor with a top secret security clearance for 16 years. I like golf, history, spending time with my family, my dogs, road tripping, hiking, and the outdoors.

Q: How did you become interested in the paranormal and founding a paranormal investigative team?

Jared: At 16 I saw my father at the graveyard leaning against my car in the same clothes he was buried in. I had questions about him being a somewhat religious person. He gave me a head nod. I think it was to let me know he was OK. From that point on, I had to figure out how and why that happened.

Jared Tracey (pictured above at right) and Brent Smith (pictured above at left) investigate all types of haunted locations, from residential homes to historical museums and battlefields.

Q: Tell us about your personal paranormal experiences.

Jared: Where do you want me to start? LOL! I have seen full-body apparitions, been touched, even had the feeling of being stabbed with a ghost sword that affected my walking for days after the investigation. Spirits have even followed me home.

Q: What interests you most about the paranormal?

Jared: Tying paranormal activity to the history of a location. I'm also interested in ITC research.

Q: What equipment do you usually take with you on an investigation?

Jared: Infrared/full spectrum cameras, EMF meters, digital voice recorders, structured light sensors, ITC devices (i.e., radios, app-based technics such as EchoVox and the Scottish Paranormal Spirit Box App, and the Ovilus).

The Pasadena Paranormal team includes Ed Harden (pictured, left), Brent Smith (pictured, center), Jared Tracey (pictured, right), and Jackie Buchanan (not pictured).

Q: What methodologies do you use during investigations?

Jared: I'm really into ITC research because the communication is in real time. But I also like to go old school from time to time and get those personal feelings going.

Q: What case will you remember the most?

Jared: Howard County Historical Society Museum, because one of my junior investigators was physically attacked and taken to the ground. We learned a lesson that night on protecting ourselves during investigations.

Q: What is the most compelling evidence of the paranormal that you or your team has captured?

Jared: We have a lot of ITC captures directly tied to a location's history. There's also plenty of visual evidence as well. I can't name just one!

Q: Talk about common misconceptions about the paranormal field that you've encountered?

Jared: People not understanding an orb can be dust or lens flare. Not to say all light anomalies are false, but there has to be other tying factors before you can pass off an orb as actual paranormal evidence.

Q: Whose work in the paranormal field do you respect the most and why?

Jared: The Godfather John Zaffis, because he is a respectful and trustworthy man.

Q: What locations do you have on your wishlist to investigate?

Jared: I can't say yet! There are a few really well-known locations in the area that no one has ever investigated that I'm currently in contact with.

Q: What words of wisdom would you offer beginner paranormal investigators?

Jared: Go in open-minded, and always go into an investigation protected. This stuff is real, and bad things can happen if you don't protect yourself.

Q: What else should our readers know about you and your team?

Jared: If you see something we put out, know that there was a deep level of discussion to validate its legitimacy. When in doubt, throw it out. We will never fake our evidence. We aren't in it for evidence; we are in the field for answers.

* * * * *

To find out more about Jared and Pasadena Paranormal, visit youtube.com/c/jaredtraceyparanormalinvestigator, twitter.com/Jaredparanormal, facebook.com/pasadena-paranormal, and instagram.com/pasadena.paranormal. ◆

What Are SHADOW PEOPLE?

By Emma Dunlop-Walters, All Things Paranormal

There has been an increase in the reports of shadow people over the past few years. And while no one can say for sure what they are, there are so many fascinating theories.

Are shadow people ghosts, aliens, living people having an out of body experience, or something else?

What Do Shadow People Look Like?

Shadow people are typically seen out the corner of your eye, or they appear for a split second and then vanish. They usually have a solid human shape but only appear as a black mass, with no obvious features, unlike ghosts. They don't have facial features or usually wear any discernible clothing, so they can't be linked to a person or time period.

While most reports of shadow people say they are tall, some people have reported seeing childlike shadow people. And others have even reported animal-shaped shadows. Some witnesses say they've seen a shadow person for a split second before it disappears into a wall or mirror.

Unfortunately, there are no 100% verified photos of shadow people, only reports from people who claim to have seen them.

Astral Bodies

One theory suggests that shadow people are living people who are having an out-of-body experience. According to Jerry Gross, an author and teacher of astral travel, we all have the potential to travel outside of our bodies while we are sleeping.

This theory is an interesting one, as it would explain why only the shadow is seen — it's a spiritual projection of the person.

Residual Haunting

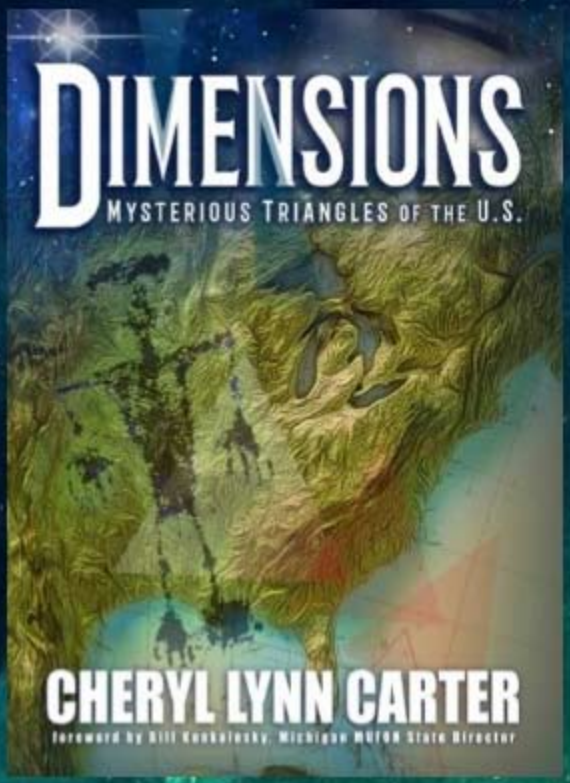
Shadow people tend to behave differently compared to other phenomena in the spirit world, so they are not representative of traditional spiritual activity. For example, there never seem to be orbs, mists, cold spots, or any other common signs of spiritual activity around shadow people.

One theory is that shadow people are a collection of psychic energy from a traumatic event. When a traumatic event occurs, the negative energy is blasted into the area, it stays there, and the event repeats itself over and over again.

Demons

A lot of the people who have reported seeing shadow people say there was a negative or evil atmosphere during the sighting, which could suggest that a shadow person is some sort of negative entity, possibly even a demon.

Shadow people have fascinated paranormal investigators for a long time, and there is no doubt that this will continue well into the future. ◆



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The Ghostly Goings-on at DONNINGTON CASTLE

By Emma Dunlop-Walters, All Things Paranormal

England is full of castles, each one full of history and stories. Donnington Castle in Newbury, Berkshire was built in 1346. The castle was built with luxurious accommodation and has been the host to famous residents, including Henry VIII and Elizabeth I, who are reported to have stayed at the castle.

Donnington Castle stands silently on a hill against the countryside looking over Newbury, the town it was built to defend. The castle and its land is owned by English Heritage and is one of Newbury's most famous landmarks. It's a peaceful spot for a picnic and family day out.

But before it became a beauty spot, it was a place of turmoil, destruction, and death. While only the gatehouse remains, locals have reported ghostly occurrences on the castle grounds.

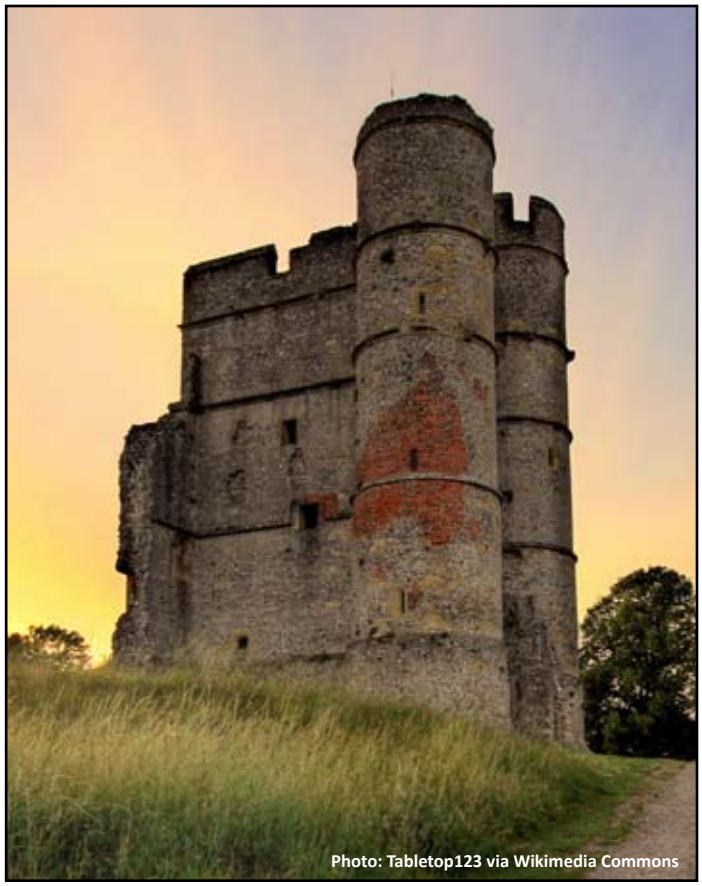
Photo: Tabletop123 via Wikimedia Commons

A Ghostly Civil War Reenactment

There is said to be a ghostly reenactment of a skirmish between the Royalist cavalry patrol from the castle and a superior parliamentary force. In fact, people have reported seeing men in period dress marching through Love Lane, a street near the castle in Donnington.

Ghost Guards and Dogs

Two of the most common paranormal reports involve a ghostly guard who stands by the gatehouse entrance. He never speaks or moves, and then in the blink of an eye, he vanishes.

Other reports include a ghostly dog that has been spotted running around the castle grounds. People have also reported hearing phantom barking.

An Evil Presence

In 1990, a group of teenagers were camping at the castle overnight. They witnessed someone dressed as a guard or soldier shouting; he had a woman in a headlock and was pulling her hair.

One of the teenagers shouted "leave her alone" at the apparition. The ghostly figure turned toward him, growled, and then both him and the woman disappeared instantly.

Resident Spirits

Donnington Castle might have a peaceful atmosphere during the day, but it's home to many spirits, some friendly and some not so friendly. Whether you visit for a picnic or to explore the ruins, keep an eye out for the castle's resident spirits. ◆

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THE BUFF LEDGE CAMP ABDUCTION

By Cheryl Lynn Carter, cheryllynncarter.com

Buff Ledge Camp, a girl's summer camp, is located near Burlington, Vermont, on the shores of Lake Champlain. On August 7, 1968, the swim team went on a day trip to Burlington in order to take part in a meet.

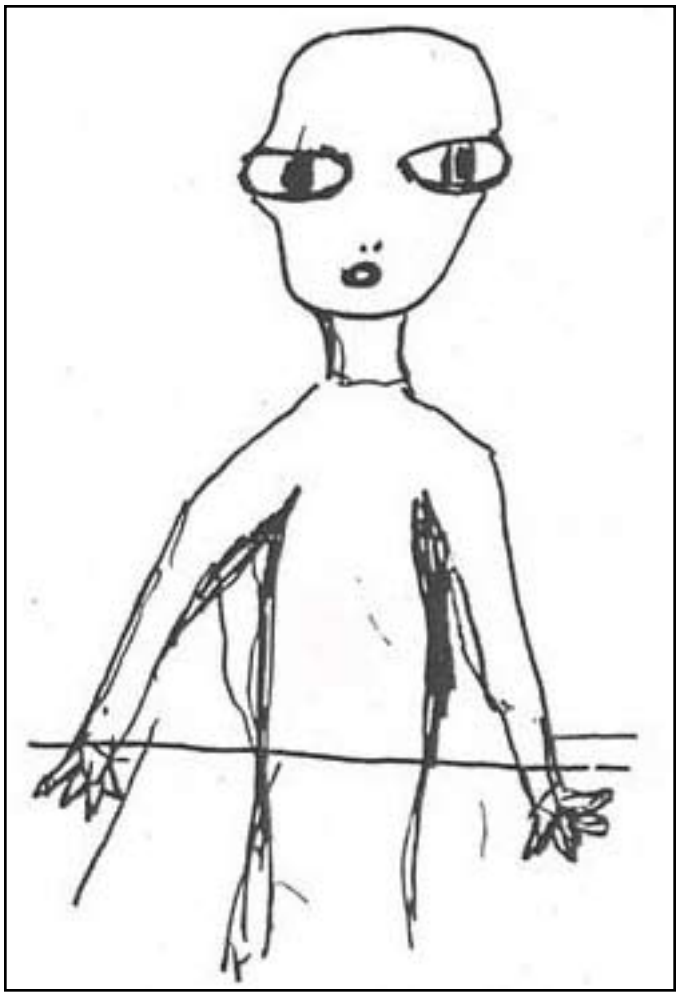
Having been an uneventful day, Michael Lapp, a 16-year-old watercraft maintenance man, and Janet Cornell, a 19-year-old water ski instructor, decided to relax and enjoy some quiet time by the lake. What better way to do so than sitting on the dock and enjoying the beautiful sunset. But as they sat there, a bright light appeared in the southwest sky, which they thought might be Venus. However, as they continued to watch, the light appeared to have movement and began moving downward. Soon, they came to realize their day was not so uneventful after all.

Suddenly, three smaller lights emerged from the large light, which had now rapidly ascended before completely disappearing. They watched as the three strange lights began to move over the lake, performing unusual maneuvers, upward spirals, and stop-and-go activity. Then as the lights began to move toward them, they formed a triangle and emitted a vibrating sound similar to a thousand tuning forks.

The light on the right side abruptly took off in a northerly direction, while the one on the left departed to the south, vanishing behind the trees.

The third light tilted to one side before plunging into the water, causing a steady gale and three-foot white-cap waves to spring up all over the lake. Dogs along the lake were heard howling, trees on the bluff began creaking, and branches were breaking from the force of the wind.

Three minutes later, the light emerged from the lake and headed in their direction. Now Lapp realized it was not a light, but actually a silver disc craft about 50 feet across that was incandescent, as if glowing by its own light. Its edge contained a band of pulsating spectrum-colored lights that flashed from left to right, changing from purple to blue and



Under hypnosis, UFO abductee Michael Lapp remembered the alien creatures depicted in the illustration above and on the next page. The aliens communicated with Lapp telepathically. (Images by Michael Lapp)

Buff Ledge was originally a girls camp. Today, it's a co-operative equine community. Photos by buffledgecamp.com)

green to red. It was so close that he could see two beings inside a small dome on the top. They were small with elongated necks, large heads, and very large eyes.

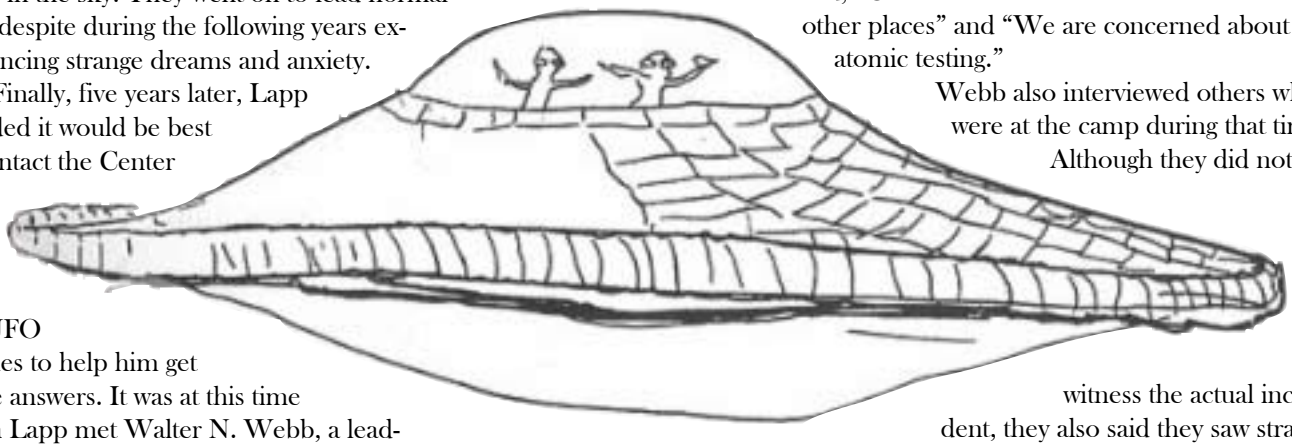
The craft hovered about 20 feet above the water as if it were waiting; waiting to calculate its next move. Lapp glanced over at Cornell, hoping she could validate all this and it wasn't merely a dream. Unfortunately, he quickly came to the conclusion that she appeared to be in some sort of trance and unable to speak.

The craft shot a beam of light at them, giving them the sensation of floating. Their next thoughts would be hearing the swim team returning and watching the object in the sky again, the sky which was now totally dark.

Hypnosis Provides Answers

Neither Lapp nor Cornell ever spoke of that night. After all, there was nothing much to remember, except the strange lights in the sky. They went on to lead normal lives despite during the following years experiencing strange dreams and anxiety.

Finally, five years later, Lapp decided it would be best to contact the Center for UFO Studies to help him get some answers. It was at this time when Lapp met Walter N. Webb, a leading investigator at the National Investigations Committee on Aerial Phenomena and a UFO witness himself. Webb was assigned Lapp's case, as he was very interested in UFO abduction. In fact, seven years earlier, he was the initial investigator of the Barney and Betty Hill abduction case.



After listening to Lapp's account of the evening, he suggested they attempt regressive hypnosis. This treatment is a basic tool for the investigation of missing time. It is used to unlock suppressed memories in the subconscious and release them to conscious recall.

Hoping to obtain answers and relief for their anxiety, Lapp and Cornell readily agreed. While under hypnosis, they both recalled similar events. Lapp recalled the beam of light feeling like a warm liquid and lifting him up into the craft.

Cornell was already there on a silver table being examined. She said she felt cold and something was pinching her and taking samples of skin, hair, and blood.

Lapp remembered the beings as about five feet tall; greenish-blue, big eyes; and three pointed web-like fingers. They had virtually no mouth and communicated telepathically. When he asked one being why they were there, he was told, "Our mission is to make life like ours in other places" and "We are concerned about your atomic testing."

Webb also interviewed others who were at the camp during that time. Although they did not witness the actual incident, they also said they saw strange lights in the sky around the same time as Lapp and Cornell.

Webb submitted his report to J. Allen Hynek, who eventually published *Encounter at Buff Ledge: A UFO Case History* by Walter N. Webb. ◆

THE ALASKAN TRIANGLE:

UFOs, Bigfoot and the Kushtaka

Paul Dale Roberts, Halo Paranormal Investigations

The Alaska Triangle is a place of very strange happenings. More than 16,000 people have vanished, most without a trace. The Alaska Triangle is known for alien abductions, Bigfoot sightings, and vanishing airplanes. In fact, in 1972, Congressman Hale Boggs' private aircraft vanished without a trace.

On October 16, 1972, Boggs was aboard a twin engine Cessna 310, along with Representative Nick Begich. The Cessna 310 disappeared while flying from Anchorage to Juneau. Their flight route sent them straight into the Alaskan Triangle. Also on board were Russell Brown, the aide to Begich, and the pilot, Don Jonz. The four on this plane were headed for a campaign fundraiser for Begich.

The search for the missing aircraft and the four men was conducted by the U.S. Coast Guard, Navy, Army, Air Force, and Civil Air Patrol. For the search, civilian fixed-wing aircraft and helicopters were utilized.

The Cessna was required to carry an emergency locator transmitter per Alaska state law and federal law. Either they did not have a transmitter or the transmitter was not working. No transmission signal was every detected or heard. After 39 days, the search for the four men was suspended. No wreckage of the aircraft or the four missing men were ever found. It was like they flew into a portal and vanished from our reality forever.

On a trip to Juneau, my father and my stepmother stopped off at a bar and heard all kinds of stories about the Alaskan Triangle and how easy it was to disappear if you wandered off into the Triangle. Some of the Juneau locals believe there is definitely a portal inside the Triangle and that UFOs go in and out of the portal. They also believe the portal is caused by the crossroads of a leyline.

Some of the locals think that the UFOs are to blame for some of the disappearances, if not all of them. The locals also say that Bigfoot either is in cahoots with aliens and UFOs or is some kind of worker for extraterrestrials,

Illustration: Caleb Lindley

because when UFOs are sighted, Bigfoot is sometimes seen afterwards.

A gentleman from Alaska, named Larry Stillwater, says that he once saw a hovering UFO inside the Alaskan Triangle. The UFO slowly beamed down a Bigfoot-looking creature, and the creature ran off into the woods as the UFO took off into the sky. Stillwater was hunting during the time he saw this incident, and while it happened 10 years ago, he said it's still fresh in his mind.

During my time with the California Department of Fish and Wildlife, I was the Custodian of Records. I assisted lawyers, judges, and law enforcement personnel in obtaining sensitive documents for their court cases. Many

times I assisted the Alaskan State Troopers, and there was one trooper that told me he was working inside the Alaskan Triangle and heard a woman crying for help. The trooper ran over to where he heard the woman, and to his shock and dismay, he saw an odd, large creature about five feet tall with an otter's face. The trooper pulled out his weapon, just in case this creature made an aggressive move toward him. The creature then made a high-pitch whistling sound and moved quickly toward the water and vanished. The trooper felt it was a Kushtaka.

Kushtakas are shapeshifters capable of assuming human form. Many times, it's said they take the form of an otter. Eyewitnesses say that a Kushtaka can take the form of any kind of otter. Some people say they are vicious creatures who enjoy tricking Tlingit sailors and sending the sailors to their demise.

Other locals say they are friendly and helpful. Some Kushtaka have saved people from freezing to death. Legend has it that when a person is in need of emergency help, a Kushtaka will look like a friendly otter or take the form of the victim's family member and save them from an icy death.

Other legends say that they will do cruel things, like imitate the sound of a baby and lure a victim to their death in a nearby river. The Kushtaka is known to kill a person and tear them to shreds. Kushtakas also are known to transform their human victim into a Kushtaka.

So the stories of Kushtakas are both good and bad. It seems that if you run into a Kushtaka, it's best to avoid them. In fact, it seems the trooper that saw the Kushtaka was fortunate to be able to tell his story.

The strangest story out of Juneau, Alaska, is from a gentleman named Merc Henderson, who claims that when he was 10 years old he encountered an otter-like creature, a possible Kushtaka, and it was gathering sticks with what looked like a Wendigo with antlers. Wendigos are sometimes seen in Canada, so is it possible that two cryptids are working together gathering sticks?

Henderson said the Wendigo spotted him, hissed at him, and both cryptids ran off into the woods.◆

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A Remarkable Séance

By T Stokes, tstokes.co.uk

I have wanted to write this for 20 years. It began when I was invited to a séance in 2000. The participants were not particularly skilled in these matters, but they were curious and good people. Being new to the group, I felt it was not up to me to point out anything that was not technically spiritually correct. Regardless, the evening went smoothly and nothing whatever occurred ... until the last few minutes.

I was absolutely shocked as a man's spirit walked into the center of the séance. He was obviously newly dead, as he was very solid looking. He wore a Russian sailor's uniform and left a trail of water behind him. I looked around, but no one else could see him. I remembered that all the sitters were new spiritual seekers who had not yet developed spirit sight.

The dead sailor, who was a tall man in his mid-20s, noticed me staring at him and said telepathically, "Please get word to my sister I am now OK." I thought this man had obviously drowned, but his only thought was for his sister. I nodded and he just faded away. No one else had seen this man, so I said nothing. But I did pick up all his thoughts and final emotions.

When I got home, I put on the news and I saw that the Russian submarine K141 Kursk captained by Captain Gennady Lyachin, had sunk with 118 souls on board. I knew then who this poor sailor was, and I said a prayer for the men on the sub.

It was an hour after I got home when the telephone rang. Apparently the other sitters had noticed when I left I was pale and obviously distressed. So I then told of my shocking experience at the séance.

It is an unwritten rule of the sea, that no matter what political persuasion, no matter what country, no matter what enemy, anyone in danger upon the sea must be rescued. This tragedy was on August 12, 2000. The British Navy offered help when hearing the sub was stuck on the bottom of the sea, but Putin refused, and it rested on the seabed.

At the little London spiritualist church on each August 12, a minute's silence is held for the 118 men of the Kursk.

Seafaring folk are very superstitious. They believe some vessels are jinxed. Let's look in numerology at the numbers involved:

Kursk = 8
Navy = 8
At sea = 8
Resting on the seabed = 8
Captain Gennady Lyachin = 8
K 141 = 8
Northern Fleet = 8
Roslyako Base = 8
Torpedo Tubes = 8
Drownings = 8
The Nuclear accident = 8
Bottom of the sea = 8
Putin = 8
British help = 8
Rescue = 8
116 sailors minus captain and sub captain = 8

All the major numbers are number 8. This is what the occult master Cheiro says of the number 8: "It is not a fortunate number to be born under, and such persons are often called upon to face the greatest sorrows, loses and humiliations."

R.I.P. to the Kursk and all who sailed in her. ◆

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THE AILMENT DEMON

By Paul Dale Roberts, Halo Paranormal Investigations

Our team arrived at a home in Rancho Cordova, California, on October 16, 2021. Ms. V had called us out to investigate some concerning paranormal activity.

The HPI investigators present on the case included Paul Dale Roberts, demonologist; Deanna Jaxine Stinson, psychic medium; Ryan Privee, technician, psychic medium, and equipment specialist; investigators Valerie Chenoweth and Greg; and Mike Ouilhon, equipment monitor.

A child's spirit had been seen in the house, and the spirit was causing all kinds of problems, so much so that the residents had not moved into the house yet. Ms. V had ailments that she thought were brought on by the entity. Her kidneys felt squeezed, and the back of her neck hurt.

The family heard scratching on the walls, and they heard something running back and forth in the attic. Ms. V felt as if she had sleep paralysis; and she saw something misty sitting on top of her chest. This sounded like a classic case of the Old Hag Syndrome.

The home is Ms. V's mother-in-law's house, and they didn't want to move in until the entity was gone. She also planned to upgrade the house, and if the entity wasn't gone, more problems could ensue.

My Thoughts

The reason why I call this the Ailment Demon is because I truly believe a demon is causing Ms. V's ailments.

Ms. V told me that the entity threw a jewelry box to the ground, scattering jewelry everywhere. She also said that college students used to live at this house, and I can only wonder if these college students were playing with a Ouija board or dabbled in the Dark Arts on a night of partying and drinking.

The Investigation

We conducted two sets of investigative sessions. Ryan picked up on some intelligent responses from his spirit box. Valerie picked up on what looked like an intelligent moving orb. Deanna picked up on a few entities. One entity she picked up on was in the backyard in an area where grass does not grow.

Valerie investigates the property.

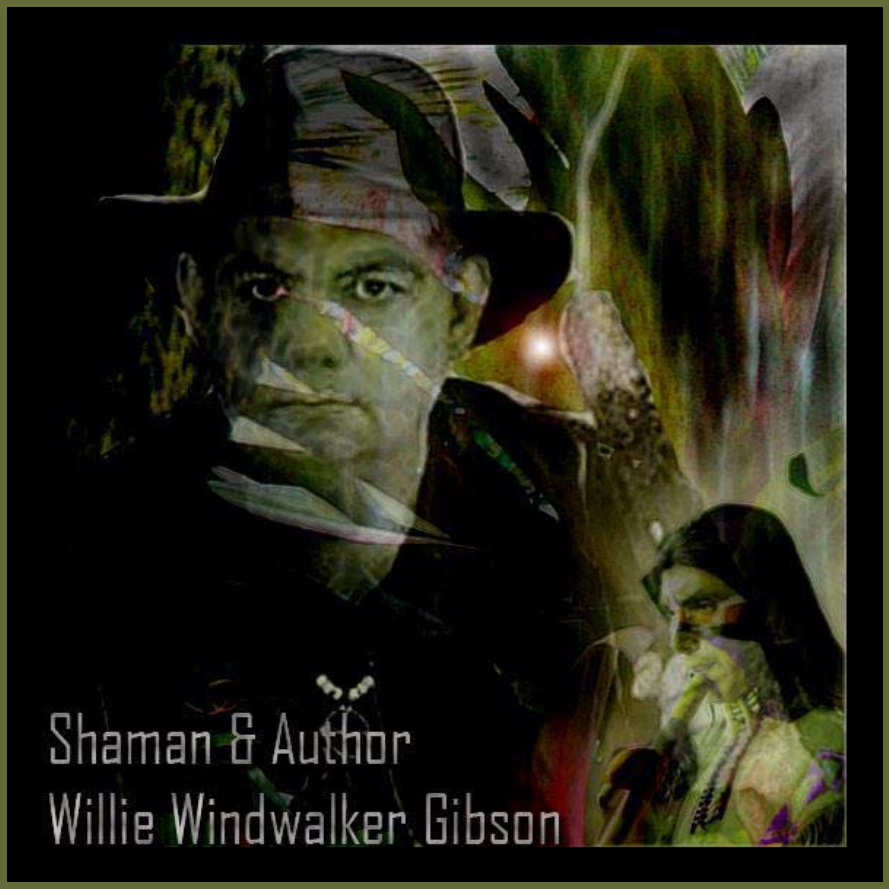
I captured an EVP that said, "Go away." Later Deanna picked up on small devilish-looking entities, and I was able to capture an EVP that sounded like a growl.

Ryan picked up on some negative forces as well. And Mike felt like he was touched on his arm while he was near the attic. Greg felt an entity moving around in the bedroom from one spot to another spot.

The Cleansing

Deanna conducted a metaphysical cleansing after the investigation, and I conducted a Roman Catholic House Blessing. Before the cleansing, I gave Ms. V a full submersion baptism, and when the baptism was completed, she broke down in tears and said she felt light. It felt like the attachment had left her.

I conducted the house blessing with her and her daughter. Ms. V told me that she had severe neck pains, but after the baptism, the neck pains were gone. ◆



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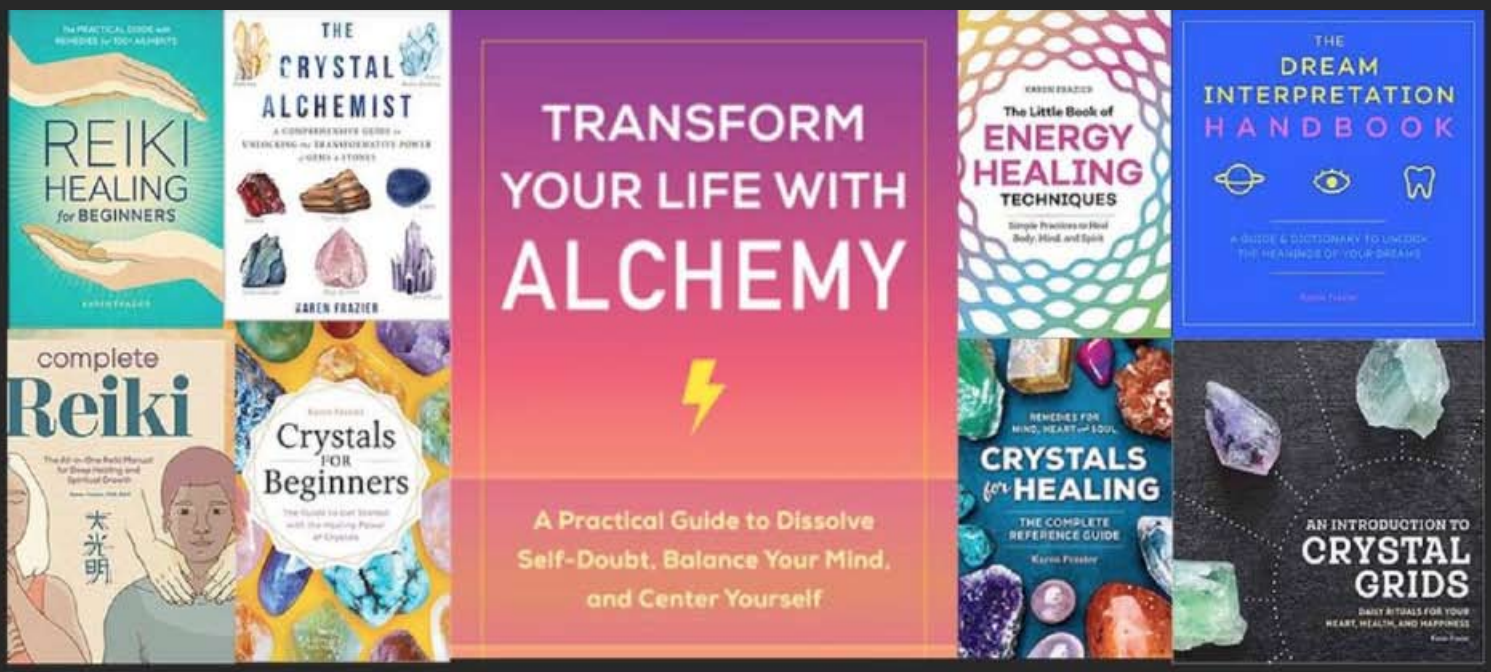

AuthorKarenFrazier.com

LUCKY BAMBOO CARE & FENG SHUI

By Karen Frazier, AuthorKarenFrazier.com

A large, multi-tiered lucky bamboo plant is a great feng shui prosperity tool. It cleans toxins from the air, and it's super easy to grow, propagate, and care for. It doesn't need much light, food, water, or trimming, and you can grow it in water and stones. Mine has a combination of river stones and quartz crystals in it.

I add spring water once a week. And about once a month, I replace the water completely. I avoid using tap water, because chlorine is harsh for the bamboo. But if you set a bowl of tap water out for 24 hours, most of the harmful elements will evaporate so you can use it in your lucky bamboo.

This plant grows and grows for me with little intervention, and it gives me a sense of peace. If you're bad at plants, lucky bamboo is a forgiving way to bring some luck and some green into your home. If leaves or stalks yellow or brown, trim them away with sharp scissors.

With the elements of wood (bamboo), earth (the rocks), and water, a lucky bamboo arrangement supports energetic balance and harmony.

I like to tie a red string threaded with metal feng shui coins around the stalks to bring in the elements of fire and metal as well, so it represents a balance of all feng shui elements. Placed in your southeast sector, it supports prosperity, and placed in your east sector it strengthens family and relationships. ◆

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And, as a gruesome bonus, on occasion, I will be joined by Da Panda, Panda Mike, as we take a road trip to a specific location, where we stop and discuss said place of absolute darkness and the horrifying madness that transpired there.

So join us on

THE HEART OF THANKSGIVING IS GENEROSITY AND GRATITUDE

By Dr. Athena Perrakis, Sage Goddess

I hope that no matter what you did for Thanksgiving this year, that you were surrounded with love and gratitude, and good food on the table. I wish that for all of us every day, but it doesn't always happen. What can always happen, because it's always up to us, is practicing generosity and gratitude no matter where we are, what we have, or who is with us.

This time of year is a reminder of the light we carry within, because the heart of Thanksgiving is generosity and gratitude. It's a time to remember and honor family through all generations and be thankful for our ancestors, what they gave in their lifetimes, and for how they live on in us. When we choose to be grateful and generous, in spirit and action, our frequency changes, and we raise the vibration, making positive differences for ourselves and everyone around us. I wrote this article to inspire you to open your heart with compassion and ease.

With every year that I move deeper into my 40s, I'm noticing a grace is coming — an elegance of thoughts and feelings I hoped would come with age but wasn't sure. As a double fire sign, grace has eluded me at times in my life; I really did think for a time that I had to burn things down in order to build something new. Few people can build an emotional fire better than I can, or keep it burning longer. But who wants that?

When I look around my life and ask myself who I want to be more like, with whom I want to spend more time, who I aspire to become, it's always the generous ones: The people who give with an open heart, forgive graciously and easily, and let energy move through them and their lives like smoke. I've noticed that those people are healthier,

too, on the physical level, because they aren't hanging on to decades of anger and frustration. They learned that holding onto sadness only prevents them from being fully available to the beauty of this moment.

I have a theory that every generation codes new wisdom and new sets of experiences into the familial energy grid that you are born into. Think of it as stored data on your soul's hard drive. Included in this coding are attitudes and beliefs about money, love, fortune, opportunity, spirituality, marriage, family, and child rearing. Most of us have no idea what is coded into our grid, but we sure are affected by those energy streams. Poverty, war, divorce, trauma in childbirth — it's all there if it has happened in your family.

In my family, all of those events are part of our past and, therefore, part of my coding. And as I go through my personal life experiences, I contribute to coding. If we step outside of linear time for a minute, we can understand how in this very moment we can heal parts of our coding, for past and future generations simultaneously. With awareness, compassion, and love, we can release old patterns, transforming the very energy imprinted in our genetic memory.

Our ancestral coding is a powerful force, and because most of us have very little information about it or conscious connection with it, we move through life not realizing the extent or origin of pre-programming in our attitudes, beliefs, reactions, and views on life. Spending time creating a family tree that dates back several generations is invaluable for unearthing ourselves — where we come from and how the past lives on in us. We can use this knowledge to share with our children, helping them understand their roots and the obstacles and triumphs their people encountered — how they succeeded and how they failed; how they truly lived.

As an example, unconscious genetic memories of scarcity, perhaps of failing crops and barren lands, or as a poverty-stricken immigrant, can elicit a perpetual fear of starving or threatened survival — even if present circumstances are quite contrary. Ancestral memories of times of plenty, with rich and sustaining harvests, may create a ready willingness to enjoy and share abundance, even if currently, physical resources are very low.

To love your lineage with acceptance and gratitude will change your life. This love is different from a personal love for a specific person with whom you've developed affection. You may not like some of the people in your bloodline or the stories you've heard about them. You may not have a particular affinity for the customs, traditions, or beliefs of your ancestors. Regardless, they are in you, you are them. And you will be in all those to come down the line.

The familial energy grid is not exclusive to those who procreate. It is compiled of the collective energy of the whole, and all family members contribute without exception. What challenges did your parents, grandparents, and great-grandparents live through? Were they loved and cared for? How and when did they die? What were they like, and how did they live? How and what did they love? What were they known for, and why were certain things about them kept quiet?

As you fill in this longer and fuller story of your life, you will uncover many mysteries and make radical discoveries about yourself. That certain, persistent voice in your head might really be great-great-grandma talking through you; through your genetic coding. And once you know it, you can continue her story in yours, honoring the past in new versions of the present.

Generosity, or the seeming absence of generosity, now takes on a new context. As do many other qualities and attributes. There's a lot more to the story. My capacity to give with an open heart has continually grown, as I've acknowledged and respected those difficult and traumatic experiences in my family's past. I can see how these undercurrents of energy and genetic coding (the entire spectrum) have taken form in my body, mind, and spirit — how they've in part made me who I am. And every time I choose a joyful, loving, gracious, and compassionate moment, I strengthen that part of the coding.

The past is present, regardless of whether or not we are aware. With awareness, we move from a default to an active choice. The heart of forgiveness, grace, and generosity arises from peace, love, and acceptance. The more we understand and accept our history and ourselves, the more available we are to do the same for others. What defines a generous spirit? A person who is kind, willing, and great-hearted — who gives of themselves. Someone who makes time for others. Someone who is able to receive, who knows the blessing in fully receiving, and in genuine response, delights in giving. ◆

An Unexpected Thanksgiving Dinner Guest

By Willie Windwalker Gibson

Thanksgiving was always special to my dad. He would count the days until the holiday got there. We did not have the traditional Thanksgiving dinner, though. Dad did not like turkey, so we never had turkey. Instead, he would get two big roasting hens and mom would fix them in a big pot until they were fall-off-the-bone ready. Then, she would make dumplings, put them in the pot with the hens, and move on to making dressing, and mashed potatoes, and green beans.

Then, she would top of the meal with a baked banana pudding. My siblings and I thought we were rich at supper time,

The years went by, and I graduated from high school and started working to make my own money. Dad took me aside one day and said, "Willie, from now on you handle Thanksgiving and Christmas for me." I told him I would, and from then on it was up to me to provide the Thanksgiving dinner.

I asked Dad if I could get a Turkey that year for the kids, and I would see to it that he also got his hen. He agreed, and I got a Turkey for the first time for my brothers and sisters. Mom got up Thanksgiving Day and put the turkey in the oven and the hen in the pot. Dad sat in the kitchen watching mom cook everything. My brothers and sisters were playing outside, and I was in my room listening to music on the radio.

I started to feel a chill in the room, and I looked in the corner to see a shimmering blue light. I was not scared, because by then I had the ability to protect myself from bad spirits. But, thankfully, this one was not bad. The light was not threatening; it gave off a peace about it. I didn't call for dad, I just watched the light.

As I watched, it started to take a human form. It was a woman, and as she became clearer until I could see that it was my grandma Maggie, my dad's mom. I had never met her. She had died when she was 33 from TB. I only saw a picture of her and my dad that

was hanging on our living room wall. It was the only portrait made of her.

I stood there and looked at her, and shed looked at me, smiling. I said, "Grandma," and she shook her head yes. I started to walk to her, but she shook her head no. I stopped. She said, "Hi, Willie." I said hi back.

She said, "Willie, you're older now. I want you to help your father. He will need your help. Always respect him and love him. Will you do that for me?" I told Grandma I would. She said, "I love you and your brothers and sisters, and I'll be watching forever."

I told Grandma that I would tell Dad that she came by, but she told me not to, to keep it a secret. I told her I would, and she smiled and faded away.

I stood there for a minute. Then I heard mom yell, "Supper's ready. Willie, get your brothers and sisters from outside." So, I went out and got my brothers and sisters. We went into the kitchen, and there was the turkey for us and a hen for dad. We sat down, and Dad said the blessing and said, "Thank God we're all here."

I looked at dad and said, "Yes we are." That Thanksgiving we had that year was the most special I have ever had to this day ... ◆

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